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The Anchor

Hope College, Holland, Michigan

Serving the Hope Community for 106 Years

FEATURE / How can one student do it all?

Find out! / 3

LETTER / First words are a great start for the Congress cabinet-elect / 5

SCIENCE / The drug of alertness takes on new meaning / 7

Volume 106, Number 24

April 21, 1993



Anchor photo by Rich Blair

THE VOICE helped kick off Earth Week with a jam in the Kletz on Saturday. Various other events are planned to raise Earth Awareness. See stories on page 3.

Students clean-up the community

by Julie Blair and Scott Runyon
editors

For a second time, Hope College students volunteered in volume in the Holland community through a Students Congress sponsored "Community Clean-up Day" on Saturday.

The first half of the day consisted of student organizations conducting large projects, such as cleaning local parks or picking up litter along the highway while the remainder of the day involved individuals performing spring cleaning and maintenance chores—such as raking, shoveling, painting or cleaning—in the homes of the elderly or disabled.

The students collected more than 80 trash bags, cleaning up the loot from Lincon Park, to Windmill Island and VanRaalte Farm to the Tulip Lanes on Washington Blvd.

"It was fantastic to see a group of 85 people get out of bed at 10 a.m. on a Saturday morning when it's freezing cold outside," said Congress President Joe Kuiper ('93).

Seventeen of 27 Congress members participated some of whom devoted their afternoon and early evening to finish jobs at homes in the community that were left after the other groups finished the bigger morning jobs.

"We had people counting on us being there and we didn't let anybody down," Kuiper said. "That's commitment."

In comparison to the first annual Clean-up Day held two years ago, this year there were almost twice as many groups involved, up to 13 from seven.

"I was happy to see the turnout. I



Anchor photo by Rich Blair

PRESIDENT JOE KUIPER directs the action at Community Clean-up Day on Saturday.

think we made an improvement this year in getting a broad base of volunteers," Kuiper said.

Congress cleaned up at VanRaalte Farms in the morning, then with only about a 15 minute break, five of them volunteered another three hours in the afternoon to help with yard work at nine homes of the elderly or disabled.

One lady, when asked what a work crew of Congress members could do for her, said "Just do..." then paused making the volunteers think she only wanted something small done.

"Just do everything," she continued, "Rake the front yard and the back yard if you would. Then rake up around the shrubs real good. Then," she said after another pause, "put the leaves in my compost pile."

"We just wanted to get to work before she said anymore," Kuiper

said. "She kept adding things to the list."

Kuiper and the others took it in stride and good nature. "It felt fantastic to be of such service to the community."

The Cosmopolitan Fraternity worked near Lake Macatawa for three hours raking and bagging leaves in the yard of a spunky 93 year-old lady. Set to work, the crew combed the acre of Oak filled lawn battling gusty winds.

"She was right out there burning leaves with us," Matt Sevensma ('95) said. "and the yard was huge so we're all going back Thursday to finish up."

Like Sevensma, others also felt the impact of their efforts in talking with those they helped.

"This was a great way for Hope students to give something back to their community," Kuiper said.

Record turnout for Congress cabinet elections

by Julie Blair
campus editor

After an intense week of hard-core grass roots campaigning, the team of Eric Foster, Chris Heaton and Mike Yantis captured the Student Congress offices of president, vice-president and comptroller Monday as a record number of voters hit the polls to place their bids for next year's Congress cabinet.

One thousand sixty-five constituents cast their ballots, as compared to the 959 turned in during the election for representatives last Fall, showing an energy and excitement for student government the Foster-Heaton-Yantis cabinet hopes to nourish in the upcoming year.

"The high turnout showed that our campaign strategy worked," Foster said after traveling door-to-door to dorms and some 50 cottages during the week. "We sat down and spent at least ten minutes at each cottage or dorm room. What paid off was the interaction."

That close interaction with students certainly helped propel Foster and co. into office, and the same type of communication will be the key to maintaining a successful Congress next year, the cabinet-elect said.

"When our term is over, we want to be able to look back and see increased involvement in Congress by students," Foster said.

To help bolster student involvement, the Cabinet plans to hold an open-house at the beginning of the next year to meet incoming freshmen and get reacquainted with those already on campus, encouraging students to run for representative positions. The team will also propose a bi-weekly opinion news-

letter written by non-congress students to reflect the effectiveness of Congress, working as yet another voice for student concerns.

Also on the docket, is the alleviation of parking problems, better facilitation of the Kletz or constructing a new union and building a media center in which all campus organizations could utilize computer equipment.

These programs cannot be implemented, however, unless communication within Congress is sustained, Foster said, adding that a liaison group of non-Congress members will be used to mediate in conflict situations within the cabinet. But none of the new elect-ees anticipate friction and even campaigned on their compatibility, stressing similar viewpoints and work ethics.



Foster



Heaton



Yantis

Ascomptroller, Yantis is responsible for appropriating the \$170 thousand budget, while Heaton is in charge of running elections, publicity, keeping records and distributing minutes, jobs that require poise and patience.

"There will be unity in the cabinet," said Robin Wagner, one of Foster's presidential opponent. "They have displayed their ability to work together and there will be a great result for the students."

Making it work is something Foster has been doing all along. Proud of his heritage, Foster stresses Congress' role in becoming a vehicle for cultural diversity.

"(Electing a minority) for president of Student Congress is something to remember and be documented," Foster said. "It says a lot about Hope College that students will elect someone on their effort merit and ability and not on anything else."

Bacteria claims python's life

by Julie Blair
campus editor

Dexter, the Hope College department of biology's 17 foot long, 40-60 pound Burmese Python passed away March 27, due to an extended battle with an infection found to be linked to the parasite cryptosporidium, the bacteria that recently afflicted the water in Minnesota and caused residents to experience flu-like symptoms.

Donated to the school in 1985 by alumnus Mike Smith, the 17-year-old snake and his sister resided in the Peale Science Center, working examples of locomotion. Due to lack of space, however, Dexter's sibling was given away last year to a happy home. Dexter remained, providing insight into the reptilia phylum and alleviating oligophobia, the fear of

snakes.

Known throughout the Holland community, Dexter was often the main attraction during visits from elementary and pre-school children and could be seen playing on the lawn in front of Peale during the warmer months.

"Like the family dog, he was the department snake," said Tyline Salisbury ('94), the python's caretaker for the past three years. "I used to sling him over my shoulder and take him for walks."

Though most Burmese pythons are reputed to make temperamental pets, Dexter proved to be the exception, being well-mannered and obedient.

The department may consider purchasing another snake, according to Lori Hertell, director of laboratories.

Deming lecture cancelled

Due to illness, Dr. W. Edwards Deming will not be able to speak at Hope today as scheduled.

Deming, whose ideas on quality control and industry helped Japan gain its position of economic clout, had agreed to forgo his usual speak-

ing fee of \$35,000 to share his insights with the Hope community.

Hope's Baker Scholars, who organized the lecture, are hoping to reschedule an appearance for next year.



Thinking Ahead Stephanie Grier

Libraries can change lives

After four years on this campus, I have become extraordinarily aware of some negativity and heartache surrounding any sort of visit to the library. In the Kletz, for example, many voices can be heard to say, "Ugh, I have to go do research in the library tonight!" or "I spent six hours today reading in the library!" or the ever-popular "I can't get anything done in the library; it's too quiet/noisy/distracting/boring, and besides, I can't find anything there."

It would almost seem that for many our library is a sort of torture chamber in which people are tied to chairs and forced to study. Librarians, it appears, can be boring, unfriendly people who have all the information and who don't want to share one bit of it with the world, so they make it impossible for students to find anything in any sort of methodical way.

My own early years at Hope found me echoing these sentiments with fervor. It seemed unfair to me that any professor should require me to do a paper requiring research because, after all, the library is a bad place to be and, being professors, they should know this.

Later, my first really big class project came along, requiring me

to spend great amounts of time reading in the library. After the initial shock of actually being there wore off, I began to realize just how important the library is to the general advancement of knowledge, and to Hope College in particular.

Van Wylen Library is more than just a campus showplace and House of Homework. When you look beyond the beautiful furnishings and brass-accented decor, you'll find an entire world of information contained within about 300,000 bound volumes and millions of magazine and newspaper articles. Further, the library staff is not selfishly hoarding information for their own personal use; rather, they are helpful, encouraging and very supportive of your research needs.

Because of the wealth of information which is contained within the library, as well as the caring staff who will show you where to find it, the library may be considered the one building on campus which will provide you with the bulk of your education. Although your professors will instruct and guide you in what you need in terms of information and education, it is the library that will give you the actual information you desire. Your papers could not be written without this informa-

tion, and the degree you are currently seeking would not be complete without it, either. Thus, the library is necessary for the general advancement of knowledge, both personal and universal.

The library is also the meeting point between the College and the community. For many natives of Holland, this is the only tangible aspect of Hope College which they will ever be presented with, and this is important. The people who visit Van Wylen Library aren't there just to cheer on the Flying Dutchmen or to check out members of the opposite sex; they are instead aware of the quantities of information available there and wish to tap into it. Do we as students have this same appreciation for the library? If so, how can we best share this appreciation with our off-campus guests?

This week is National Library Week; during this time libraries across the United States will be emphasizing the ways in which libraries can change lives. This would be a good time for us to forget the drudgery of homework and allow ourselves to enjoy the knowledge which our own library has to offer to us as students. Don't just trudge through your papers; enjoy your opportunity to explore one small area of what the library has to offer.

NEWS OF INTEREST



WACO, TEXAS

Federal agents assaulted the compound of the Branch Davidians this Monday. The assault included the use of armored vehicles and tear gas, in what the FBI hoped would lead to pressure on the Davidians to negotiate. It appears that the Davidians responded by igniting the compound. By mid-afternoon the compound was completely destroyed. Over 80 members of the cult were killed in the inferno, including the leader, David Koresh. Eight survivors were reported. Attorney General Janet Reno ordered the attack on the Davidians compound after informing President Clinton.

BOSNIA

Bosnian Muslims accepted a cease-fire which amounts to a virtual surrender. As multi-national forces began to enforce a no-fly zone over the former Yugoslav republic, Canadian troops under the authority of the United Nations prepared to gather weapons from Bosnian Muslims. The cease-fire in essence acknowledges the defeat of the Muslim forces fighting in defence of the town of Srebrenica. United Nations officials expect to begin evacuating refugees from the area immediately.

TURKEY

President Turgut Ozal died Saturday of a heart attack. The president of the Islamic republic was considered a strong supporter of the United States. Turkey is considered critical because of its NATO membership in a region with two former Soviet Republics in conflict. Armenia and Azerbaijan are involved in a territorial dispute.

WASHINGTON

President Clinton's economic stimulus package remains blocked in the Senate. Republicans, led by Senator Bob Dole (R-Kansas) have prevented Democrats from achieving the necessary 60 votes to block an ongoing filibuster. The President has admitted that progress has been slowed, but still believes that the package will be passed. He has offered to cut four billion dollars from the package in order to reach a compromise.

RUSSIA

Tensions are increasing as the April 25 referendum approaches. Voters will decide on who possess the authority to rule the Republic: Yeltsin or the Russian Congress. A defeat for Yeltsin would most likely result in his resignation, although he has not made a statement to that effect.

Student experiences scare at neighborhood store

by David Charnin
news editor

Despite a recent letter from the dean of students warning about safety in the summer, one Hope student ventured out alone in the middle of the night.

The student, who preferred to remain anonymous, decided to go by himself to Columbia One Stop to buy groceries at 1 a.m. Tuesday morning (April 13) on his bike. Once inside he said he was stopped by a drunk man.

"He called me a chicken and asked why wouldn't I fight him one-on-one," said the student, who spoke under the condition of anonymity. "I tried to explain that it wasn't me who fought him."

The assailant seemed to listen. However, events appeared to take a dangerous turn.

"The guy rolled up his sleeve and showed me a knife. It must have been as big as his forearm." The man mumbled threats about killing four men he claimed had attacked him earlier.

Realizing that the situation could not improve if the conversation continued outside, the student waited inside the convenience store for 15 minutes, but when he left the store, the drunk male was waiting nearby.

"The guy asked me to walk with him," the student said, "and I said 'I can't, I've got a lot of homework to do.'"

The student pedaled back to campus on his bike without calling public safety or the Holland Police.

A friend insisted that public safety



Anchor photo by Rich Blair

COLUMBIA ONE STOP, site of recent incident, is located near 16th st. and Columbia Ave.

be informed of the incident.

"It's not my business to become involved with this guy," the student said.

Dean of Students Richard Frost said he was very concerned about such incidents. He had, only days before this incident, sent a memo to the student body on safety during the summer.

"After spring break, there are more people outside, and a greater potential for trouble," Frost said. Because of increased tension in the Holland community, he said that each student needs to be more cautious about their safety. The student who went to Columbia One Stop did so alone, which the memo warns against.

"We are constantly refining the process of informing and protecting students," Frost said. "Unfortunately, it is difficult to make progress if students are not willing to coop-

erate fully."

All incidents that occur off-campus are referred to the Holland Police Department, as was this one. Police Sergeant Bob DeVries of the Holland Police Department encourages people to report incidents like this.

"Without the name of a complainant, and a description of a perpetrator, it is difficult to take any action," He explained.

Frost praised the work of the Holland Police. "They have done an excellent job of cooperating with our Public Safety Department," he said.

Frost recommends contacting Public Safety right away after incidents like these, and also contacting his office the next day if at all possible. Reporting such incidents helps both the police and Public Safety do their work.

Unofficial Student Congress Minutes

by Eric D. Fielding
Student Congress secretary

April 15, 1993

Presidential Remarks

•President Joe Kuiper congratulated the representatives who gave their 1993/94 Student Congress Cabinet candidate speeches earlier in the evening. He thought the speeches were terrific.

•Joe passed around a sign-up sheet for those willing to be attendants at the Cabinet election tables on the following Monday.

•Joe said that the weather forecast was calling for rain or snow on the following Saturday, but that rain, snow or shine, Community Clean-up Day would take place. He stated the time bracket in which students could work and that community service hours could be erased by participating in the event.

Board and Committee Reports

•Administrative Affairs Board: approved the schedule change which moves chapel to Monday, Wednesday and Friday at 10:30 a.m. and approved a new assessment committee which will assess core and departmental curriculums and outputs.

•Sexual Harassment Policy Committee: discussed the policy further.

•Student Communications and Media Committee: interviewed

students for leadership positions in WTHS and *The Anchor*.

•Critical Issues Symposium Committee: narrowed the list of speakers to have speak at the Critical Issues Symposium next year and discussed its format. There will be keynote addresses on Tuesday and Wednesday during the Symposium. Great strides were made to include women and minority speakers. If anyone knows of such speakers, the committee is welcoming suggestions. The topic is tentatively defined as "Race and Social Change in American Society."

•Appropriations Committee: Discussed the 1993/94 student organizations' capital requests.

•Computer Services Committee: Discussed this summer's installation of computer facilities in Scott and Phelps Halls.

New Business

•Kristen Anthony was reviewed for missing three Congress meetings. It was decided that she could remain on Congress.

•Comptroller Julie Meyer introduced, pointed out corrections to and discussed some of the big issues involved in the 1993-94 Student Organizations Budget. Representatives asked questions about, made suggestions to and discussed the budget. The budget was approved unanimously.

Constituent Reports
Tabled

Not one, not two...but three!

by Dirk Joldersma
features editor

A 3.7 GPA with a major in political science and a double minor in business administration and economics? Wow! That's not too bad.

He does that while playing football? Hey, that's really pretty good!

Get this: he also plays a pretty good game of tennis (a varsity letter as a freshman). That's right—two sports!

Since Dirk DeWitt was bored with what was just an easy year at the office, he decided that he would also run track this spring, becoming the first Hope athlete since the mid-80's to play two sports in the same season. No, he hasn't quit football. No, he hasn't stopped studying.

No, he doesn't sleep!

"It's hard enough," DeWitt understated, with a wry smile on his face, and Umbros, a t-shirt and running shoes on his body. Deon Sanders and Bo Jackson may do football and baseball, but Dirk is the first to do three: football, tennis and track.

"My dad thinks I'm crazy. My mom just told me, 'Do want you want to do,'" explained DeWitt. "She's all for it."

But even with this kind of maternal support, it gets a little hard.

"Tennis at night and track in the afternoons in the pre-season wasn't bad, but now it's difficult. Now I have to run my track workout before tennis practice, since I can do those on my own," said DeWitt.

With tennis and track meets coming fast and furious, DeWitt finds that sometimes he is falling behind his single-sport teammates.

"I feel like I'm losing a little bit of endurance for track," Dirk admitted. However, coaches don't seem to have problems with his striving for excellence.

Tennis Coach Steve Gorno said, "Dirk is playing real well. His doubles play is particularly outstanding. Dirk goes out and gives it everything he's got." And DeWitt cites as his primary motivator his football coach, Ray Allen. "I've wanted to do both since high



Anchor photo by Rich Blair

DIRK DEWITT, local super-hero, masquerades as an ordinary college student. Don't be fooled though...

school, but Coach Allen helped me set goals. We decided I should letter in both sports this spring."

Well, Dirk, if it keeps you happy, and your parents, coaches and professors don't have a problem with it (and seems that they don't)... Just keep on doing it!

Air Jam: good, gross and close

by Amy Seibert
staff reporter

"I look like Doogie Howser but I sound like his friend Vinnie," comedian Robbie Printz said to describe himself at Friday night's Air Jam.

He emceed this annual event to a standing room only crowd in the Kletz.

"He was funny, but I was surprised that he swore so much. It didn't bother me a lot, but I was surprised someone didn't tell him to tone down," Chr Siegenthaler ('96) said.

Some of the best audience response came from the jokes in which Printz poked fun at himself instead of others.

Brian Capps ('96) said, "I think he was the best comedian we've had on campus this year. He was funny without having to be vulgar."

SAC advisor Anne Bakker-Gras, director of student activities, said that Printz is one of the most appropriate comedians for a college audience because of his age and relatively clean material. "Most students I've had a chance to talk with had a real positive response regarding Printz. They really enjoyed his act,"

she said.

The lip-sync acts performed by students were the real highlight of the evening, however. Third place was awarded to Rob DeVries ('95), Ron Kimmons ('95) and Duane Mroczka ('95) for their performance of "Rump Shaker," second place was given to Gina Smith ('94), Martha Miller ('95), Tuwanda Williamson ('95) and Kgothatso Semela ('95) for their rendition of "Givin' Him Somethin' He Can Feel," and first place went to the Centurians and Sibs for their choreographed medley of songs from *Grease*.

"It was cool to see a lot of people getting involved and putting a lot of time into it," said Wendy Straw ('95), a performer in the winning act. "I thought the quality of acts was very good this year."

The wide variety of acts ranged from good to gross—Lai Ann Almeda ('95) and Krista Ostema's ('95) classy "What You Don't Know About Women," to the Dorians' '70's Medley complete with groovacious disco wear, to Sarah Prostack and Co.'s musical interlude of someone vomiting into a toilet.

The only enduring complaint from the audience was the lack of seating. "It was a little bit crowded," Capps said. "They should have kept

see JAM page 11

EARTH WEEK 1993

Nature not neglected: many events planned

by Nicole Mueller
staff reporter

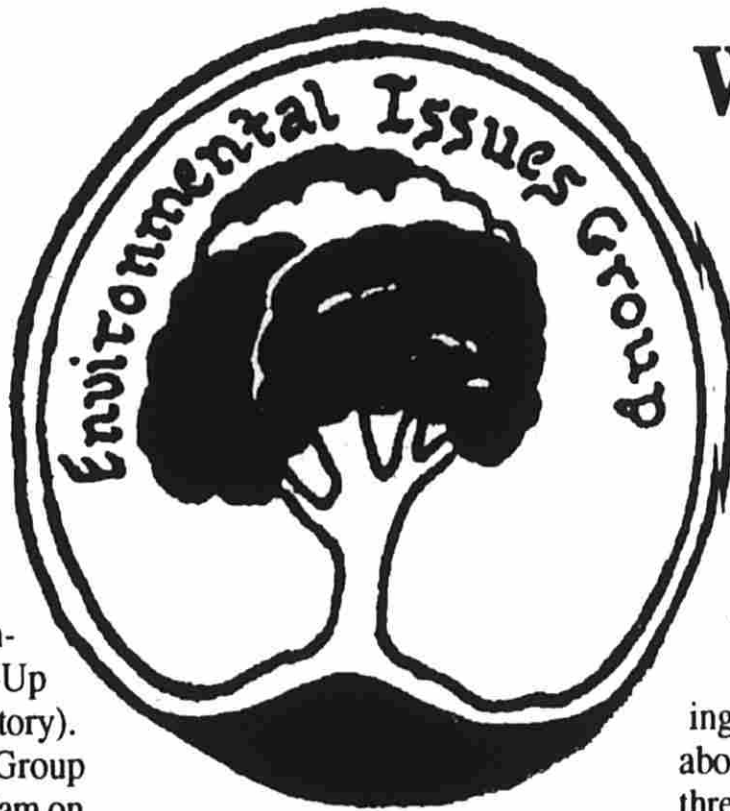
It feeds us. It clothes us. It gives us a place to sleep, provides us with everything from gas for our cars to cotton for our J. Crew shirts, and keeps our swimming pools full in the summer. And it sometimes, quite rightly, may feel that we don't fully appreciate its sacrifices.

No, we're not talking about parents. The plaintiff is the earth, our communal home. The response is Earth Awareness Week (April 14-25), featuring a series of events designed to call attention to our planet's condition and what we can do to

improve it.

Dave Modal gave a talk on April 14 concerning opportunities in the graduate field for environmental work to show what students can do to help out their environment. Student Congress sponsored a Community Clean-Up Day on April 17 (see related story).

The Environmental Issues Group organized two events: Earth Jam on April 18, with bands such as The Voice, Liquid Sun and the Pholk Lizards jamming and playing for the planet; and the Earth Fair (April 20), featuring booths from campus and local organizations, including the Audubon Society.



For those who missed these ecological events there are more scheduled in the next few days.

All students are invited to all these events to support planet Earth. It might even be good practice for dealing with parents.

Wilson Fellow to voice concerns about environment

Physician Frank Ubel will speak at Hope College as a Woodrow Wilson Visiting Fellow on Thursday, April 22, at 11 a.m. in room 104 of VanderWerf Hall.

His talk will concern estimating the risks involved in decisions about chemical and environmental threats to human health.

Ubel will be on campus Monday through Thursday, April 19-22. He will meet with selected members of the Hope and Holland communities throughout the week.

Ubel, a native of St. Paul, Minn., was employed with 3M for more than 30 years, first as a consultant and eventually as the company's medical director. Since retiring in 1989, he has been a member of several advisory committees, an adjunct lecturer at the College of St. Thomas in St. Paul and a clinical associate professor at the medical school of the University of Minnesota at Minneapolis.

He is a member of several professional organizations, including the American Medical Association, and is a past president of the American Academy of Occupational Medicine. He is also a member of the President's Committee on Employment of the Handicapped.

The Woodrow Wilson Visiting Fellows program brings leaders in their fields to the campuses of small liberal arts colleges for a week of classes, informal discussions with students and faculty, and career counseling. By sharing their experiences, the Fellows help students understand the relationship between academic knowledge and its practical application. By their example, they demonstrate the qualities necessary to become leaders in their professions and in service to society.

Visiting Fellows, who include cabinet level officers, corporate executives, newspaper editors, writers and other professionals, are recruited for their ability to listen as well as to articulate ideas. They are matched with liberal arts colleges chosen for their commitment to the goals of the program. Together, they attempt to equip students for the social, political and economic environment they will be entering.

The Woodrow Wilson National Fellowship Foundation has developed and conducted programs in higher education since 1945. Nearly 200 colleges have participated in the Visiting Fellows program since 1973.

—Hope College News Service

Earth Week Schedule

Wednesday, April 21, 6 p.m., Lubbers rm. 101: (see related story) Dr. Frank A. Ubel, Woodrow Wilson Fellow, will discuss environmental health issues during a meeting of the EIG.

Thursday, April 22, 11 a.m., VanderWerf rm. 104: Dr. Ubel will present a major address on estimating the risks involved in

decisions about chemical and environmental threats to human health.

Friday, April 23, 2:30 p.m., Peale rm. B-50: Dr. Jim Teeri of the University of Michigan Biology Station will present "Ecological Consequences of Rising Atmospheric Carbon Dioxide." Teeri is appearing through the department of biology's weekly seminar series.

Sunday, April 25, 2 p.m., Maas Conference rm.: Valerie Fons Kruger will present "Water for Life." Fons Kruger is a long-distance canoe explorer and acid rain expert who was centrally involved in a recent study of pollution along the Grand River, and will be delivering the keynote speech for Ottawa County Soil and Water Stewardship Week.

On a new election system

The student body voted for a president and vice-presidential ticket in the Congress cabinet election on Monday. Eric Foster and Chris Heaton campaigned as a team who could work together and get things done. Their platform was built on unity and they made their point by walking away with the votes.

What is the significance of this?

Did students elect the ticket responding to what they read last week in *The Anchor* about cabinet conflicts and the president's resignation? Or did they simply vote individually for two great candidates who stood alone as well as they stood together?

Either way, it raises a key question. Should the president and vice-presidential candidates for Congress cabinet be required to run on a ticket like the United States presidential election?

Yes they should. It makes perfect sense. The big advantage would be in that each pair would be able to choose who they would work with best, assuring, or at least reducing, cabinet conflict. (This doesn't mean loss of discussion and disagreement—these are important and healthy in any governing body.)

In addition, it would create a unity in the cabinet, setting the pace for Congress representatives to be unified and active.

One more piece to think about: This year's conflict in the cabinet, resulting in the resignation of the president, could have been avoided if things had been organized this way last year.

On continued safety

Safety has been an issue and continues to be an issue with Hope students, especially in the summer. It is a reality students take for granted.

Incidents happen each year and *The Anchor* periodically has to report on a big incident where a person's safety is challenged or violated.

Just recently, one student ventured off campus alone for groceries at 1 a.m. (see story page two) and could have been, but thank God wasn't, run through with a knife after being mistaken for someone else.

This is a fortunate case because he wasn't hurt, but things happen when students don't think twice about what they do.

Sometimes Hope students take their safety for granted. They do things before thinking. Youth is invincible, but only in thought. It might take almost being seriously hurt for a student to realize that they too may be in danger in certain situations and take further steps to be safe.

One student was fortunate and probably will be more cautious in the future.

This merits asking the question: "What will it take to be cautious and safe?"

The Anchor staff

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DEAR Mr. President,

I was going to send you some money to help pay off the NATIONAL DEBT like that VILLELLA kid, but then I thought about how Congress is always giving themselves pay raises with OUR money, so I went out and bought me some new clothes and a couple of compact discs instead. Enclosed is a bill for \$ 214.73.

Thank You.



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Letters to the editor

Letter gave 'false impression'

Dear Editor:

I was quite bothered when I read last week's letter to the editor supporting Robin Wagner for president. As a member of Student Congress myself, I felt that the letter gave the false impression that the entire Congress backed Robin. I can attest that this most likely was not the case and I feel that for one candidate from Congress to receive "a letter of recommendation" and to be set above the rest was a bit unfair. There were many excellent and well-qualified candidates running for all positions, and all deserve praise for

their accomplishments.

Congress has made great strides this year because of hard work and dedication of all members. I admit that Miss Wagner has done a good job as a representative, but everyone on Congress is a leader, has served on numerous committees and been an active voice in passing important proposals. To not mention the accomplishments of the other Congress candidates gives the impression that they (the undersigned on the letter) do not recognize or acknowledge the hard work of their fellow congressmen.

Now that the elections have taken place and the cabinet has been determined, I would like all of those who campaigned to know that I believe in all of you! I am proud to have worked with all of you and proud of Congress' accomplishments, the accomplishments we made together.

Respectfully,

Kristen L. Douglass ('96)
Student Congress
Dykstra representative

Coverage of resignation 'deplorable'

Dear Editor,

A tragic injustice has been made. Last week, your handling of the resignation of the president of the Student Congress was deplorable. Whatever happened to the search for truth, or even impartial reporting?

Your article made Holly Moore out to be a martyr and Joe Kuiper out to be some sort of villain. Nothing could be further from the truth.

The facts are that Holly Moore canceled a congressional meeting for personal reasons. In contrast to what she said, she had no authority to do that under our constitution. When the vice president called a voluntary meeting, not only was he completely within bounds, he was required to do so under the constitution.

Holly Moore would have you believe that personal reasons drove her from office, denied her a chance at executing her agenda. The fact of

the matter is that she has not had an agenda from day one. She has not proposed anything to Congress, unless you count the "picnic" that she proposed last semester.

The parking proposal, the proposal for lawn furniture on the patio of DeWitt, the Student Union Desk, and all other proposals have come from other sources.

Naturally, this alone does not make her a bad leader and is not a cause for concern.

What is a cause for concern is her reckless abuse of privilege. No other member of Congress would attempt the cancellation of a meeting to avoid a harmless attendance review. A leader must lead by example and Holly Moore has not done that throughout the entire year.

In her resignation, Holly tried to pull a fast one by turning it into a personal battle with the vice president. Anyone who was at the voluntary meeting knows that nothing

could be farther from the truth. We all tried, and the vice president included, to keep this from being viewed as personal. The letter of reprimand that was drafted by members of Congress was so watered down that you could scarcely tell who it was intended for.

If this is not enough for you, examine her resignation letter and the speech she delivered to the stunned Congress. Not once did she mention the issue that brought all this to boil. Not only did she not defend her actions, she completely ignored them. Instead, she decided to make a blatant personal attack against the Vice President that *The Anchor* printed as truth.

I could not be more disappointed in our newspaper.

Sincerely,

Tim Johnston ('93)

Thank you for Clean-up Day

Dear Editor,

I am writing on behalf of Student Congress to thank the Hope community for its participation in the Second Annual Community Clean-up Day.

Despite the cold weather, over eighty students gave up their Saturday mornings to join in the event. Projects included picking up litter and debris at Windmill Island and Window on the Waterfront, collecting litter at Van Raalte Farm, gathering trash and debris along the Washington Boulevard tulip lanes,

doing yard work at the homes of 13 elderly Holland residents, and cleaning up litter and trash at several local parks. The rows of trash bags lined up at these parks testify to the hard work our students did.

A special thanks to the following groups for making this year's Clean Up Day a success:

Alpha Phi Omega, *The Anchor*, Baker Scholars, Centurian Fraternity, The College East Gang, Cosmopolitan Fraternity, Delta Phi Sorority, Fraternal Society, Habitat for

Humanity, Sigma Sigma Sorority, Social Activities Committee, Student Congress, Vennema Apartments.

Student Congress looks forward to continuing this event next year. Until then, think service.

Sincerely,

Joseph Kuiper
President, Student Congress

Cabinet-elect letter to student body

Dear student body:

As your newly elected Student Congress cabinet we would like to thank you, the student body, for turning out in such large numbers in Monday's election. We were pleased with your considerable interest in helping to determine the future of Student Congress and we hope that this level of participation continues throughout next year.

The three desires that we have as a cabinet are to promote stu-

dent involvement in Congress, insure that activity fees are being disbursed according to your interests, and to build stronger ties between you and your Student Congress representative. Furthermore, we encourage all of you who are committed to seeing change take place to run in the Student Congress general election this fall.

Once again, thanks to all of those who voted and were willing to give Eric, Chris, and Mike the opportunity of serving as your Student Congress president, vice-president,

and comptroller, respectively.

We look forward to the prospects of next year and the experience of working and representing each of you.

Respectfully,

Eric Foster,
Congress President-elect
Chris Heaton,
Congress Vice President-elect
Mike Yantis,
Congress Comptroller-elect



photo courtesy of the music department

CHAPEL CHOIR will be presenting its *bon voyage* concert Sunday, April 25 at 8 p.m. in Dimnent Chapel. The Choir will be touring in Hungary, Slovakia and the Czech Republic this May.

Chapel Choir to perform, prepare for European tour

by Melissa Endsley
arts & entertainment editor

The members of the Hope College Chapel Choir have gone a long, long, way with their music. Literally, they have traveled all over the world during the last six years spreading their joy and faith through song.

The choir has toured extensively in the United States and Canada, and has appeared on the televised "Hour of Power" from the Crystal Cathedral in Garden Grove, California. They have made a European tour three times, the last in May of 1987 when they appeared in Germany, Belgium, the Netherlands and England. In the spring of 1989 they toured the former Soviet Union.

This May the choir will be touring Hungary, Slovakia and the Czech Republic. Performances have been scheduled in Debrecen, Sarospatak

and Budapest in Hungary; Bratislava in Slovakia, and Prague in the Czech Republic.

The places that the group visits are decided upon after considering both the communities being visited and the students, according to Dr. J. Scott Ferguson, director of the Chapel Choir and an associate professor of music.

"When establishing a potential destination, I took into consideration the incredible changes taking place in Europe and posed the following questions: 'Where are the positive and stable changes occurring?' 'What would be the most significant cultural experience for our students?' and 'given the college's affiliation with the Reformed Church, where could we most effectively strengthen ties between Hope College and the international church community?'" Ferguson said.

The May tour's program will include sacred choral music from the Renaissance of the 20th century. Contemporary Czechoslovakian and Hungarian composers will be included, and Ferguson is hoping that one of them will be able to attend the performance.

To see the Chapel Choir perform at home for free, the college and the public are invited to their annual home concert on Sunday, April 25, at 8 p.m. in Dimnent Chapel.

The home concert program will include sacred music by composers including Schuetz, Purcell, Brahms and Randall Thompson. The choir will also be singing some of their music by contemporary Czechoslovakian and Hungarian composers.

The Chapel Choir will also present a 'bon voyage' concert on campus, Saturday May 8th. To help with the costs of the upcoming trip admission will be \$5 for this concert.



Impressions Rob Harrison

The intolerance of tolerance

The great watchwords of our times seem to be "tolerance" and "open-mindedness." We are constantly enjoined to be tolerant to those who are different than we. We are to keep an open mind about their beliefs. At all costs we must avoid being judgmental. The words sound fine—do you know anyone who supports intolerance?—but that isn't really the point. The real question is how they are being used.

Webster's defines tolerance as "indulgence for beliefs or practices differing from or conflicting with one's own." It defines open-minded as "receptive to arguments or ideas." Sounds reasonable, but dictionary definitions do not always match the ways words are used. Are we really talking about true tolerance here or something else?

The best way to find out is to look around. What types of statements are judged intolerant or closed-minded?

In my own experience, I recall a discussion I had last semester about homosexuality. I expressed my view that it is a sin, though no worse than any other. In response, the person with whom I was speaking called me intolerant and closed-minded (among other things). Why? Because I dared to consider homosexuality immoral. I gave his arguments serious attention; I treated him respectfully; I did not condemn him for his opinion. Nevertheless, because I persisted in my position, he considered me intolerant and closed-minded.

Nor is this unique to my experience. Both of my parents have received similar treatment from co-workers. In addition, I have heard of similar cases across the country. An example would be the student at the University of Washington who was expelled from one class and suspended from the rest for disagreeing with a professor who taught that all men are evil and all women good. He was accused of—you guessed it—intolerance to women.

In practice, then, tolerance

has been redefined to conform to a valueless society. It has effectively been replaced with neutrality. It is no longer a matter of being sensitive to those you think are wrong. Instead it has been defined as not thinking anyone else is wrong. It means that anything goes—except, of course, intolerance.

But stop to think about that for a minute. We are supposed to tolerate anyone except the intolerant. We define the intolerant as those who will not do so. This means that, practically speaking, we will tolerate anyone except someone who is not like us—which is the very definition of intolerance. So "tolerance" becomes intolerant.

In a similar vein, the definition of open-mindedness has changed. William F. Buckley once commented, "My Jesuit teachers taught me that the purpose of an open mind is to close on truth." In our relativistic society, that's old-fashioned; we don't believe in absolute truth any more. Everyone's beliefs are equally valid, equally "true." Thus being open-minded seems to mean being *permanently* open-minded, having one's mind locked open for every idea to blow through with equal ease. It has become a metaphor for intellectual lockjaw.

So what?

Well, if you want to believe that there is no absolute truth, if you choose to accept these concepts of tolerance and open-mindedness, feel free. I can't stop you, after all, nor would I wish to, though I strongly disagree. But I have this question for you: If you accept this view of the world, what answer do you have to Adolf Hitler and Jeffrey Dahmer? I can tell them they are evil, and I can condemn them, because I believe in moral absolutes—I believe in good and evil. Without that, how can we condemn such monsters? If we do not believe in absolute right and wrong, they can simply say that what they did was right for them—and how can we answer

Mortar Board inducts 35 members into a rich legacy

by Scott Runyon
editor-in-chief

A current legacy continued on Sunday as 35 juniors were inducted as 1993-94 members of Hope College's Alcor chapter of Mortar Board.

The 1992-93 Co-Presidents Brian Paige ('93) and Leanne VandeBunte ('93) presided over the ceremony, giving the reins to next year's members.

As the selected 1993-94 advisor, Todd Steen, assistant professor of economics, delivered "Mortar Board: From the Past to the Future," speaking to the new inductees about his undergraduate experience in the

Mortar Board chapter at Penn State.

To be selected as a member of Mortar Board each applicant had to meet high standards for acceptance through application and recommendation in three areas: scholarship, leadership and service.

Hope College has had connections to Mortar Board for almost 60 years.

During the school year of 1936-37 an honor society for senior women was founded at Hope, a society which would give recognition to outstanding senior women and an opportunity for more effective campus service.

The society was organized after the pattern of Mortar Board, an organization founded in 1918, and this

year celebrating its 75th anniversary, as the first and only national honor society for college senior women. Beginning at that point and for several years thereafter the Dean of Women at Hope had correspondence with the presidents of the national Mortar Board organization in the hope that this new honor society at Hope College might one day become an official Mortar Board chapter.

The name given to the new Hope organization was Alcor, an Arabi word meaning "a test," symbolic of the high requirements for acceptance in the society. Alcor is also the name of a star in the constellation Ursa Major, and for these reasons the star was initially adopted as an

insignia for the organization.

In 1936, eleven junior students were selected as charter members. The following year the society became active under a constitution submitted by the founders and revised by the new Alcor. This was the same year that the national organization became a member of the Association of College Honor Societies, an organization giving accreditation to Phi Beta Kappa and other societies.

It wasn't until 1961, however, that the Alcor society of Hope was finally granted recognition as the Alcor chapter of Mortar board and joined ranks with the hundreds of other colleges and universities nationwide which recognized women

for scholarship, leadership, and service.

1975 was a watershed year in the history of the national organization when the conference opened membership to men for the first time. The Hope chapter also initiated this change shortly thereafter with several male inductees.

Today Mortar Board boasts a membership of over 160,000 with 200 chapters on college campuses and alumni clubs throughout the nation, from Swarthmore to Cornell, the University of Michigan to Hope.

(The historical content of this story was taken from Brian Paige's Induction presentation "Mortar Board: The History.")



As I Was Saying Mellissa Endsley

Something to be happy about

Have you ever noticed that some people are a lot more relaxing to hang out with than others? Have you noticed that some people always make you feel welcome by their wide smile and their bright laughter, while other people bring you down with their ever present frown and their tendency to find the negative in all situations?

Well, you may say, maybe some people are just happier than others.

I don't believe that for a second. Now, I'm not saying that some people don't have bigger problems in their lives than others do, but the older I get the more I realize that everyone, everywhere, has problems.

Everybody feels pain, and everyone has something to cry about. Everyone is scared of something and everybody has a reason to hang their head.

My mom used to tell me that the people who are happy are the people who have chosen to be happy.

Whenever I am having trouble remembering this, I think of Theda. Theda is a woman who attends my church at home. Well, she attends whenever she is able. She is a woman, who from afar seems to not have a lot going for her. But despite all this, she has the strongest soul I have ever witnessed.

Theda was pregnant at 17, and a mother at 18. Her husband left her at 20, and she raised her daughter alone. She has done everything from A to Z to raise money for herself and her daughter. And she is now a very successful owner of an answering service company.

Theda also has a very severe case of diabetes. So severe, that last fall she had her leg amputated at the knee. I know all of this because Theda has been a close friend of my mother's since I was a little kid.

I was always kind of uncomfortable talking to

Theda. I knew she had a lot of problems, and I never wanted to say the wrong thing. But you know what? I never got a chance to say the wrong thing, because every time I talked to Theda, all she had to say was positive.

She would tell me how nice I looked, she would tell me how happy she was to hear what my mother had told her about this and that. And it was always amazing to me that Theda, a person who I think has a lot of reasons to complain, never did.

Now that I am a little older, I have realized how unique Theda is, and over Thanksgiving break I tried to tell her.

My mom had told me that Theda had had her leg amputated at the end of October, so I really didn't expect to see her at church.

But when I was walking back from the communion altar, I saw her. She looked as happy as ever, despite the fact that she was not able to stand for the songs, or to walk to the altar for communion. It was then that I decided that I had to tell her how much I admired her strength.

After the service I walked right up to her and just as I was going to tell her that I thought she was the strongest, most beautiful, courageous woman I knew, she hugged me and said, "Mellissa! I am so happy you're home. Your mom misses you, you know! And what a gorgeous day it is and..."

It was unbelievable. I was so awed that I just stood there silently smiling, silently admiring. So now, I want to try again.

Theda, this one is for you. You are the strongest, most beautiful, courageous woman I have ever met, and because of you, I know that there is always something to be happy about. You just have to try.

And Theda, you were right—it is a gorgeous day!

Choir concert displays versatility

by Dirk Joldersma
features editor

The Collegium Musicum and College Chorus showed off a semester's work on Thursday in Dimnent Chapel, and Hope Professor of Music S. Russell Floyd unveiled, with the help of director Scott Ferguson's College Chorus, the premier of his arrangement of "Gray Wind Blowing."

The Collegium Musicum presented the first half of the program, strongly emphasizing Renaissance music. They demonstrated great versatility by singing in Italian, French and Nonsense-language. "Lilliburlero," by 20th century writer Michael Tippett, was written in lines like "Lilliburlero bullen a la/ Ho! broader Teague dost hear de decree."

Not only did the Collegium sing in Nonsense-language, they also sang the high-energy, high-impact verses of "Auction Cries," by John Briggs. This song featured combinations of sounds created by the mixing of several different sales-pitches at several different times, with a huge foot-stomp at the close. This song brought the Collegium Musicum's section of the concert to a memorable, almost shocking, close.

The College Chorus displayed a significantly more varied program than the Collegium's. The Chorus sang compositions from several periods, varying from sixteenth-century Renaissance sounds of Giovanni Croce, through the Romantic music of Tchaikovsky, to

see CONCERT page 12

A & E



Anchor photo by Rich Blair

BREATH commands the wall mural painted by Jay Chadwick Johnson. Titled "Asphyxiation," The spray-paint mural is part of the Graduating Senior Art Exhibit that will become a permanent fixture on the stairwell of DeFree.

Small ensembles strut their stuff

by Mellissa Endsley
arts and entertainment editor

Some of the department of music's very best students will be performing Saturday April 24 at 8 p.m. in Wichers Auditorium.

The performance will spotlight the small ensembles in the department of music who have been practicing independently from classes and also with some coaching from faculty members.

The concert will feature a large range of music including a classic woodwind quintet by Anton Reicha and the french wind music of Darius Milhaud and Jean Francaix.

"The people who will be performing at this concert have been hand selected as some of the very best students in the department," said Gail Warnaar,

adjunct assistant professor of music "most of the groups have been practicing on their own as well as with myself. They are very dedicated to what they are doing."

One of the groups that fits this description is the wind quintet of Kristen Koole ('92), Michelle Goodman ('94), Holly Van Vleet ('93), Jeff VandenBosch ('93), and Gregg Pratt ('93). They have been playing together as an ensemble since their sophomore year.

"It is really neat that we have been able to play together for this long," said Jeff VandenBosch, "We have been able to get used to each other's playing style and that familiarity contributes to the quality of our performance."

They came together their sophomore year in class, but over the last two years they have continued playing together by choice. They practice together as an ensemble every Wednesday night.

This group has performed at a wide variety of events during the past three years including a gig at the musical fraternity Delta Omicron, one at a Women's Music Conference in Grand Haven, and at the Showcase concert at DeVos Hall.

The music for their performances is chosen by the group members. "We decide on all of our own music," VandenBosch said. "Some of it we pick out after listening to it and then some of it we become familiar with through classes."

Groups will be performing on April 24 at 8 p.m. in Wichers.

Moore gives mindless performance in new film, *Indecent Proposal*

by Sarabeth Robie
staff reporter

I've always thought that Demi Moore was at best a borderline flake. In her most recent film offering *Indecent Proposal* she did nothing to convince me otherwise.

Indecent Proposal is an endearing little tale of a rich man (Robert Redford) who gives a needy couple (Woody Harrelson and Demi Moore) a million dollars to have a tryst with Mrs. Needy Couple. After the night of ye olde tryst, Mr. Needy Couple becomes distressed at his wife's unfaithfulness and yells at her. Mrs. Needy Couple files for divorce to become Mrs. Rich Man who has been chasing her since ye olde tryst. Then, (gasp!) the needy couple gets back together and lives happily ever after. The end. Believable, isn't it? Yeah, and I believe that Madonna is a natural blond.

I have no problem with "the dilemma," or its moral implications. What I do have a problem with is the fact that the female character in this movie is so gosh darn stupid. She sleeps with another man because *he asks her to* and *her husband doesn't mind*. She leaves her husband be-

cause *he does mind* after all. She goes to live with the other man because *he asks her to*, and she then returns to her husband because *her husband asks her to*, and the other man says *it's O.K.*

Nowhere in this film does the woman make a decision to do anything. When she does make decisions everyone ignores her, or she has to get it approved by the guy—and worse than that, she doesn't seem to mind.

As for Moore's acting ability, I think that we should all be duly

impressed by the fact that Demi refuses to use a body double and shows us her very own boobs in the film. Now don't get me wrong, I really mean that with the highest respect. That really is the mark of a great one (move over Katherine Hepburn). As a result of seeing this film, I am truly convinced that this is the "year of the woman." Geez.

Aside from that, I just wasn't convinced by any of the characters in this film. It was like Robbie, Woody and Demi playing house.

Robie Rating: *

Robie Rating System

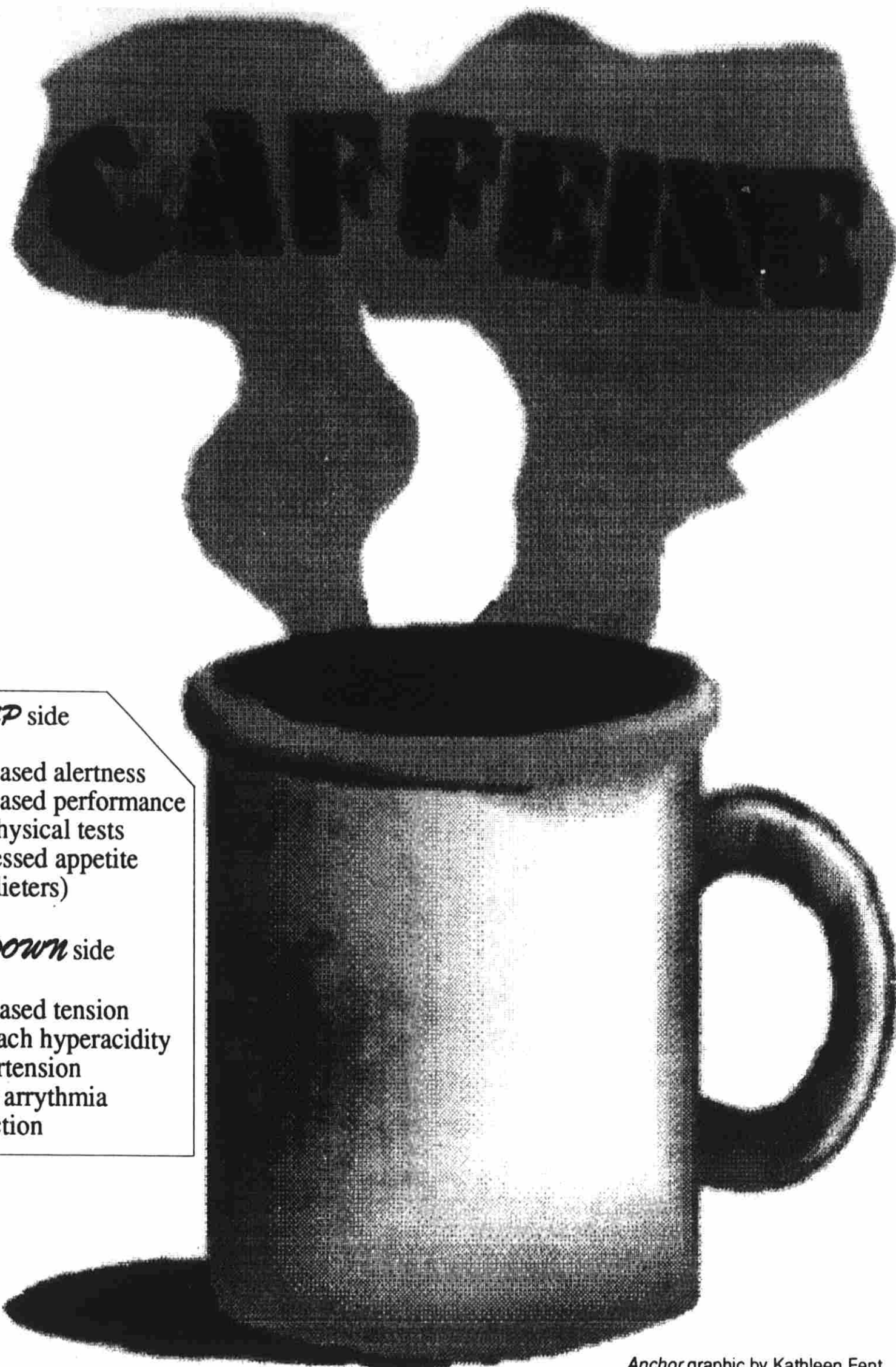
* Algae on a stick, well-done (nope, nope, nope, nope, nope)

** Second star to the right, and straight on till mornin'

*** Licky boom boom down

**** I loved it tender, loved it true

***** Makes me wanna shout, kick my heels up and shout, throw my head back and shout, come on now, don't forget to say you will, yeah yeah yeah, don't forget to say you will, yeah yeah yeah, a little bit softer now, yeah yeah yeah, a little bit softer now.



The *UP* side

- Increased alertness
- Increased performance on physical tests
- suppressed appetite (for dieters)

The *DOWN* side

- Increased tension
- stomach hyperacidity
- hypertension
- heart arrhythmia
- addiction

Anchor graphic by Kathleen Fent

A CUP OF COFFEE IN THE MORNING: an afternoon tea; that late night Mountain Dew®; —we are constantly consuming stimulants. What do you really know about the drug caffeine?

What is it?

by Richard Blair
science reporter

It's late at night and there are still 100 pages more to read in the chapter. Whether you reach for that bottle of Vivarin or brew up a strong pot of coffee, you are about to partake of one of the oldest drugs known to man—caffeine.

What can be said about caffeine? Caffeine is an alkaloid, which merely means that it belongs to a class of basic nitrogen-containing compounds that are found in plants. Cocaine, nicotine and piperine (the chemical responsible for the taste of pepper) are just a few examples of alkaloids. Their properties can range from depressants, opium, to nerve agents, capsaicin, which provides the heat in hot peppers.

Caffeine falls into the class of stimulants. Generally, stimulants act to increase the activity of the nervous system. Specifically, caffeine acts upon the central nervous system. It increases the activity of the CNS. The practical upshot of this is that if you drink a cup of coffee it will help you stay alert.

This is no news. Fables abound about tea. As far back as prehistoric times, tea was grown in China. One links the origin of tea to Bodhidharma, the Buddhist missionary who spent nine years seated in meditation before a wall. During one of his meditations, Bodhidharma fell asleep. Chagrined at committing this act he cut his eyelids off to prevent this from ever happening again. His eyelids fell to the earth

and tea plants sprang from them. This tale alludes to tea's "eye-opening" properties, most of which are derived from its caffeine content.

Those who are accustomed to late nights may be familiar with the modern form of caffeine, the caffeine tablet. Interestingly enough, caffeine for these tablets is a byproduct of the production of decaffeinated coffee. No matter what its form, caffeine has become the

stimulant of choice for today's society.

No drug today sees as much use as caffeine. Part of this stems from the fact that we unwittingly consume it every day. The average daily intake of caffeine for an adult American is

around 186 mg. Given that the medical dose of caffeine is 200 mg, it seems that we may be a nation of people on a constant prescription.

"So what?" you may ask.

It seems from the number of users that caffeine is a perfectly safe and acceptable drug. Caffeine, just like all other drugs, has its drawbacks. Those of us who have had one too many cups of coffee or tea can attest to these drawbacks. Mild over-consumption leads to diuresis (excessive urination), nervousness, gastrointestinal motility (affectionately known as the runs) and, in severe cases, heart arrhythmia. It may be easier than you think to overdose slightly on caffeine. The effects of caffeine do not manifest themselves until at least an hour after consumption and last for two to three

The average daily intake of caffeine for an adult American is around 186 mg. Given that the medical dose of caffeine is 200 mg, it seems that we may be a nation of people on a constant prescription.

See **CAFFEINE** page 12

We all need sleep, but are we getting enough?

by Richard Blair
science reporter

Late nights are not new things to the college students. Most have horror stories of nights that last until 5 a.m. or longer. We all treat this with a sense of masochism. "How late did you stay up?" becomes the question of comparison.

After a long night, it is often hard to find the focus one needs to keep alert in class. Some of us resort to stimulants, while others blithely ignore classes and sleep an extra few hours. Sleep deprivation is quickly becoming a problem that needs to be addressed in these times.

Those who do not get enough sleep during the night usually find themselves completely out of it the next day. To be courteous to the professor they find themselves devising methods to "seem" awake. These may include "intently" studying notes with the hand "strategically" placed over the eyes, closing one eye at a time (hoping to get some measure of rest from this), and the "my-

eyes-are-closed-but-I'm-listening" pose.

Trying to stay awake is not helped by those classes that are based mainly on slides or transparencies. Low light levels increase the likelihood of sleep. There are a lucky few who are able to sleep with their eyes completely open.

Some even have the courage to completely doze off during class. This is not without its dangers. Besides risking professorial scorn, the hardy student runs the risk of sleeping through that class and maybe some in the same room after that one.

Evelyn Hart, assistant professor of mathematics, attests to the tenacity of these sleepers. "I tried, and tried and I just could not wake [the sleeping student] up."

The problems can be further compounded if you snore or drool. This first one is annoying to others in the class and the second is just plain disgusting.

Although these problems may seem amusing, underlying them is a problem with which America is faced. America is becoming a nation of sleep deprived. Sleep deprivation affects alertness, judgment and response time. Many of the accidents in the past have occurred at times when people are normally asleep. Among these are the *Challenger* accident, the Exxon *Valdez* spill, and the Chernobyl accident.

As students, we may not be faced with such critical decisions as represented by these accidents, but classes and other activities demand a lot. Tests, papers and other activities require maximum alertness. This is not usually possible with the sleep schedule most of us keep.

See **SLEEP** page 12



Natural sources of caffeine abound

by Richard Blair
science reporter

Those tablets of No-Doz may be the quick way to get a caffeine fix, but there are more natural sources of caffeine.

Familiar among these is coffee. Originating from Arabia, coffee has become the third most popular drink in the world. It is drunk by a third of the world's population.

Coffee can be prepared in many ways. Most of us are familiar with the drip and percolation methods of preparation. These methods produce a reddish-brown liquid with that familiar taste and flavor. Espresso is made by forcing steam through

powdered coffee and then condensing the steam. The brew that results is both dark and strong. Holland boasts an espresso bar. The Leaf and Bean not only sells chocolate, coffee and tea, but also serves espresso. Cappuccino is made by adding boiling milk to espresso.

Coffee has made its way into American culture in much the same way as tea is a part of English culture. To many people, morning is synonymous with coffee. Hot, cold, in ice cream or candy, the coffee flavor has found its way into the hearts of Americans.

However, there are concerns over the continued usage of coffee. Ignoring the caffeine factor, there are

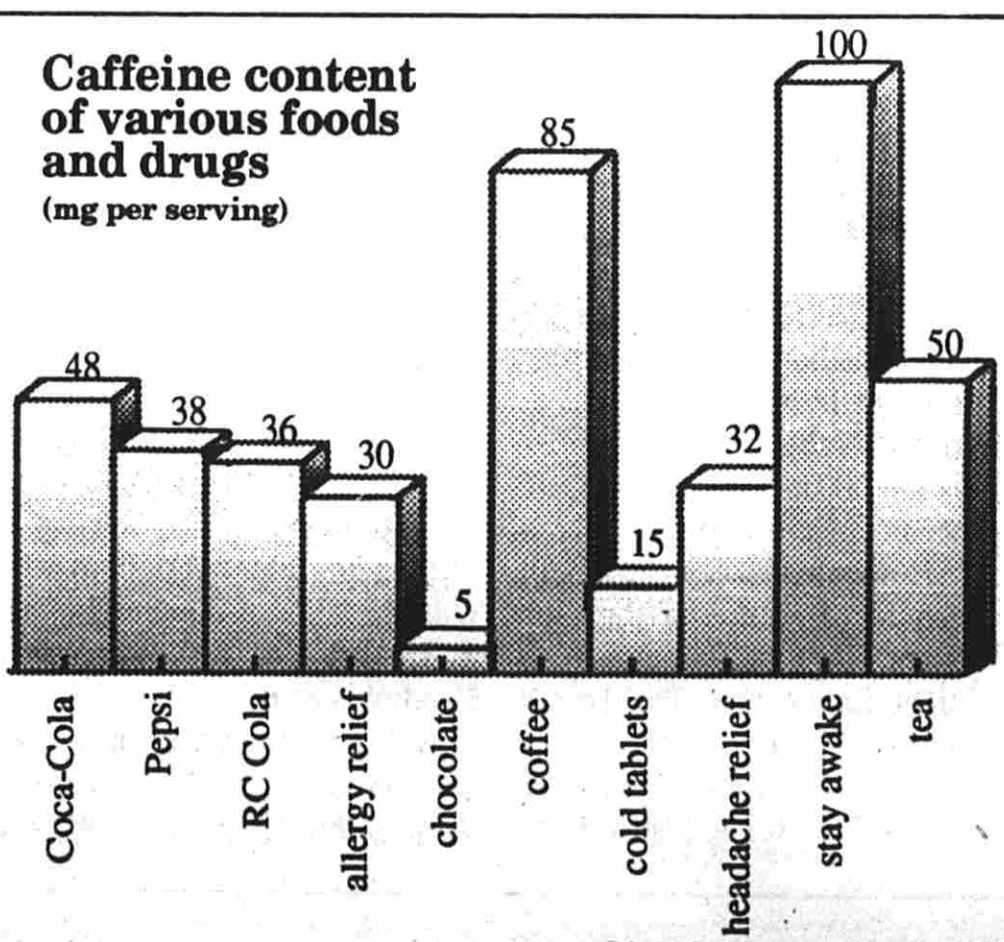
studies linking coffee drinking, especially boiled coffee, to increased cholesterol levels.

Consumed by nearly half the world's population, tea is the most popular beverage next to water. Tea can be classified into three general types.

Green tea is the dried unfermented leave of the tea plant. The good news about green tea is that it may actually help prevent some forms of cancer. The down side is the fact that it may take as much as ten cups to be of any value. At this level the health concerns involving the caffeine become

See **TEA** page 12

Caffeine content of various foods and drugs (mg per serving)



Cola data from Consumers Report, August 1991



Bring Back the Younger Days

Rich Blair

Adventure with a kite

It was a warm, sunny day. The first warm day that signaled the end of winter. The wind was not as strong as I would have wanted it, but it was now or never.

As soon as I finished with my final class for the day I rushed back to my room and got it out. I had purchased it three or four days earlier in anticipation of the spring weather. For less than three bucks I had equipped myself with one 36" wingspan kite and a roll of string. This was not a fancy stunt kite with an uncountable number of guide strings; no, it was just the kind of kite I used to fly when I was in elementary school.

I hurried with my kite to the plaza in front of VanZoeren. The wind had not picked up, but I hoped the wind was stronger a little higher up. I had not flown a kite since I was in third grade and I was a bit rusty. It took me several tries and a bit of duct tape but I finally got it up into the sky.

What a relaxing experience it was. The warm afternoon enticed me to remove my jacket and the sunny weather served to improve my mood. Soon I was engulfed in a world that consisted only of sun, wind, and my kite.

This was not to last, however. After about two hours the wind sud-

denly died off. My kite plummeted through the sky toward an anticipating tree. Of course, it got caught.

I called home that night. My sister answered the phone and I said, "Guess what. I flew a kite today."

Her response was one of scorn.

She said, "What are you—a little kid?"

This, of course, got me a little perturbed at the moment, but later I started to think

about what she had said. I thought back to the thing I had done when I was little, but stopped because I was too old for that.

I remembered coloring, how I always envied those other kids who had the box of crayons with its huge selection of colors and a crayon sharpener. We must not forget the crayon sharpener, because it was what made the whole box attractive.

I also remembered climbing trees and exploring. I remember the countless hours I spent planning to build a tree house with my friends, but never actually building one.

I asked myself why I had stopped doing these things that I had such fun doing. Had I grown up? Am I now a more serious person? Have I lost some of my youth already to the

demands of what is considered proper?

I feel that most of us have given up some of our childhood to the demands of society.

We can not be afraid to express the child in us. It is the child in us who knows how to have fun. It is the child in us that helps us relieve our stress. There are many qualities which children have that we should try to re-embrace. Why should we be concerned with what society deems proper?

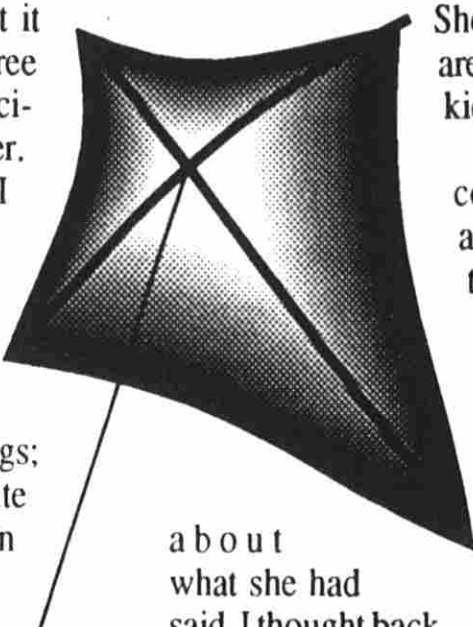
I think we could all do with a little kite flying now and then. But, there is more to the tale of a boy and his kite.

The next day my kite was still up in that tree. It was a bit galling to see it there every day, knowing that I could not possibly rescue it. The weather again turned nasty and the snow and cold returned, but my kite remained in that tree.

A week later it was an especially windy night and, hopefully, I returned to the tree in which my kite was entangled.

Happiness! The wind had blown it down. The kite was broken and mangled from its week-long stay in the tree, but a little duct tape and it will soon be ready for its second flight.

Will I fly the kite again? I must answer with a resounding yes. Maybe I will even get a little coloring in before I fly it again.



PR photo

PROFESSORS Phillip VanEyl ('55), Eugene Jekel ('52) and Elaine Jekel (not pictured) are retiring this year.

Three faculty members to retire

by Karen Marty
staff reporter

During the month of May, Hope College endures many sad goodbyes. This May, three of those goodbyes will be exchanged with Dr. Phillip VanEyl, professor of psychology, and with Drs. Eugene and Elaine Jekel of the chemistry department. All three faculty will be retiring.

Dr. VanEyl's retirement begins officially at the end of May. He has contributed much to the department of psychology at Hope during the past 34 years.

He attended Hope from 1953 to 1955, earning a B.A. in psychology. He received his Ph.D. at Claremont College in Claremont, California, and after completing his graduate studies, VanEyl returned to Hope. Here he has taught many eager students all about psychology.

In addition to his teaching accomplishments, VanEyl has contributed much to Hope. Such contributions include his establishment of the Hope College Psychology Laboratory in 1961, his chairmanship of the department of psychology, and coaching soccer for Hope.

Throughout his 34 years at Hope, VanEyl spread his psychological knowledge across the globe, visiting foreign countries as a research scientist, a visiting professor, and as the leader of summer workshops. Some of the countries he visited include Turkey, Greece and India.

VanEyl said he is enjoying his last year of teaching, though with a hint of sadness.

"I'm enjoying it, but it is sad to think that the lesson plans and material I have been teaching for so long, I will never teach again," he said. "I'll miss it, but it's time."

When considering his plans for retirement, VanEyl plans to leave things a bit open-ended.

"For the first year I'd just like to

see what it's like to be retired. I don't want to have any long-term commitments. It's a chance for my wife and I to do some things together and be together."

Joining VanEyl in retirement will be Dr. Eugene Jekel and his wife, Dr. Elaine Jekel.

Eugene Jekel received his A.B. with a chemistry major from Hope College. In 1952, he went on to Purdue University to earn his M.S. in chemistry, and in 1955 he returned to Hope to teach in the department of chemistry. While on leave from the college, he completed his Ph.D. in inorganic chemistry at Purdue University.

Like VanEyl, Jekel has made many significant contributions to Hope and its future.

In 1964 he directed the first of 24 National Science Foundation supported Summer Workshops, targeted for high school chemistry teachers of advanced placement chemistry. More than 1,050 high school teachers from around the nation have attended these programs at Hope.

"The summer workshops were a major contribution of his," said Irwin Brink, professor of chemistry and chairman of the department.

"Essentially, we had the best chemistry teachers in the country right here because of this program. Lots of students have come to us from high schools whose teachers recommended Mr. Jekel, who knew him through these workshops," Brink said.

Eugene Jekel has also served two three-year terms as chair of the chemistry department and, since 1976, has coordinated the General Chemistry Lecture and laboratory classes for science majors.

In 1977, he became Hope's chief advisor for health professions.

In addition to these many contributions to Hope College, Eugene

see RETIREES page 12

High stakes at a fast pace: The Firm delivers with style

by David Chamin
news editor

BOOK REVIEW

The Firm well deserves its status as the nation's bestseller. Enticing the reader in the early pages, the characters quickly come to life and the book becomes difficult to put down.

Recent Harvard Law School graduate Mitch McDeere is paper-perfect: He is third in his class, young, happily married, athletic and ambitious.

Unfortunately, he is dirt poor. His possessions would fill a U-Haul trailer. Mitch dreams to replace his Mazda hatchback with "a million miles" on it. Yet, he will wait until he is able to pay his \$23,000 in college loans.

However, that new car doesn't seem far off. Mitch has three job offers from prestigious Wall Street Law firms. The lowest salary: \$68,000.

Enter Bendini, Lambert & Locke. The Bendini firm is un-

like any other in the nation. With high profile clients, the firm only has 41 lawyers. They only hire a new lawyer every other year, and only the best white male is recruited. Mitch McDeere is that lawyer—the number one draft pick of the Bendini

firm. They offer him enough to capture his soul: \$80,000 in starting salary, a low-interest mortgage, satisfied college loans, and a bright new BMW.

Grisham has now snared the reader just as the Bendini firm has snared McDeere. The pages are turned

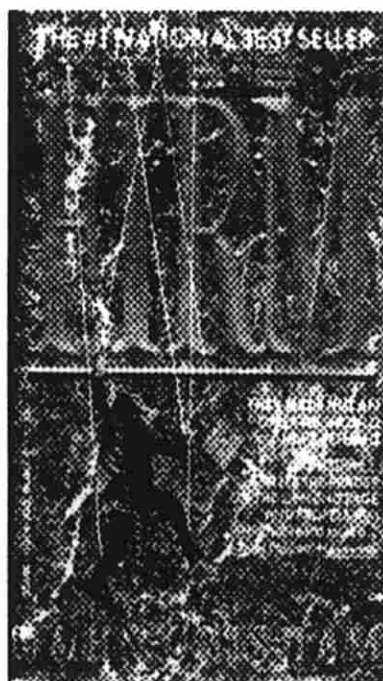
feverishly, slowly but steadily revealing that all is not right in Memphis, the home of Bendini, Lambert & Locke. The turnover rate at Bendini is zero.

Retirement and death are the only ways lawyers have left the firm in the past thirty years. And when an

FBI agent approaches Mitch after the deaths of two Bendini lawyers in a boating accident, the pace accelerates. Grisham's portrayal of life as a tax attorney is eye-opening. The long hours, research, and endless forms which are integral to the profession are presented realistically. Billing per hour, the means of the attorney's livelihood, is developed with the appropriate importance: either bill 60 hours a week, or never see a partnership.

The materialistic promises of the Bendini firm are both carrot and stick for the new associates to increase their productivity. Work hard enough and become a Senior associate, and then learn the firm's terrible secret.

The Firm is both entertaining and informational. I would recommend it to anyone considering a career as an attorney, or anyone looking for a fast-paced novel. The characterization, as well as the detailed routine of a major tax attorney, are excellent, and are some of the components of the Firm's success on the charts.



Join The Anchor

Are you looking for a real-world extracurricular challenge you can feel good about?

Do you want to learn the wonderful world of journalism?

Do you want to help serve the Hope community on a week-to-week basis like no other campus publication can?

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 reporting, writing stories

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 graphics

 layout, page design

 ad design

It's worth it!

The Anchor staff is a group of dedicated students who strive to serve the Hope community using a weekly newspaper as a medium of campus discussion and information. They are also not afraid to have a good time. Every year, *The Anchor* experiences a turnover of staff from graduation and looks for more eager students who want to take the challenge of service.

Now is one of those times.

Applications available in *The Anchor* office on the first floor of DeWitt, behind the radio station.



Sidelines Todd Jungling

A sports lull... you've got to be kidding!

Well, it was one of those weeks that produced a lull in sports. March madness has come and gone, the NBA is battling through the late season blahs and preparing for the playoff drive, and baseball has only just begun.

I couldn't help but notice that a week ago last Sunday marked a day of Bavarian influence. Not only was *The Sound of Music* on in prime time but Bernhard Langer donned the green jacket at the Master's Championship. Afterwards, I was even tempted to purchase some German Chocolate Cake from Meijers.

The Tigers have opened the season with a record of 8-5. It sure beats their 0-6 start from a year ago. However, it means they will have to go 27-0 over their next 27 games if they hope to duplicate their 1984 start. Still, Cecil & Co. are putting a smile on my face.

In tennis, the big question is who will be the next U.S. Davis Cup captain. Tom Gorman? John McEnroe? Hopefully McEnroe will get the nod. Although he has a temper on the court, he is a leader. The players really look up to him. Or maybe...Jimmy. Well, you've heard the cliché, "There's too much of a good thing!"

In the NBA, the Lakers are clinging to the eighth and final playoff spot in the west. A week ago last Sunday, they snapped their six home-game losing streak and defeated the Seattle SuperSonics. They looked good doing it too. However, as much as I want to see them in the playoffs, they may do themselves a favor by

throwing their final games. Perhaps then they would have a chance at Mr. Webber, should he decide to turn pro. The Lakers would once again be the best in the west.

It's utterly (pun not intended, even to those of you who read my "Milking the Cows" column a few weeks ago) amazing how a span of four or five seconds can change one's life.

In this short period of time, Don Calhoun went from being a \$5-an-hour salesman and part-time student to being a millionaire. All he had to do was drain a shot from the charity stripe—the same line Chris Webber struggles from—the same line Rumeal Robinson canned two free throws from with 3 seconds left to defeat Seton Hall in the 1989 NCAA Championship game. The only difference was that he had to shoot it to the far basket, a shot some 75 feet away. So, in front of a national television audience, Don Calhoun went from being a country bumpkin to being the most celebrated man of the week. Incidentally, he said he was going to use the money to finance his schooling.

I read in the paper that Michigan has started spring football practice. Todd Collins is looking good at quarterback. (With a first name like that, how couldn't you look good?) Tyrone is back. Powers is back. Alexander the Great is back. It looks like a Michigan national championship to me. And another one in college hockey. And yes...another one in college basketball.

Well, I *thought* there was a lull in the sports world this past week...

SPORTS



Anchor photo by Katherine Vlasica

HOPE (2-2) AND CALVIN (4-4) both find themselves chasing Adrian (10-0) for the MIAA conference championship.

Women netters edge Oakland U

by Todd Jungling
sports editor

Mother Nature decided to rear her ugly head last Friday, (and, oh what an ugly head she has) and interrupted the Lady Dutch's tennis meet against Oakland University.

With the score deadlocked at three, rain forced the Lady Dutch into the friendly confines of the Holland Tennis Club where they then proceeded to take two out of the three doubles matches and down Oakland University by the score of 5-4.

In singles, the highlight of the afternoon had to be in the #2 singles

match. Kate Gingras ('95), feeling as if she was being hooked [note: the term hooked is slang for "cheated out of points when one's opponent is making a blatant attempt to win a match by means that are unethical...ie. calling balls on the line or inside the line, "OUT"] quickly called for a lines-judge. Whether that spelled the difference or not, Gingras got Hope out of the gates early by defeating her opponent in straight sets. Also victorious in singles matches were Laura Baker ('96) and Linda Maxim ('93).

In doubles action, it was pinpoint accuracy from the net and the baseline, and an unbelievable

amount of harnessed power that spelled victory for the #1: Gingras/Marie VanTubbergen ('94) and #2; Wendy Murray ('95)/Jill Wyma ('94) doubles teams.

Coach VanTubbergen called this win a "fine" victory. She went on to say that "the matches were played really well."

Going into the match she knew it was going to be tight because earlier in the season Calvin defeated both Hope and Oakland by the score of 5-4.

It was definitely a very satisfying win for Hope—especially against a Division II school such as Oakland University.

Sports Briefs

Baseball: The Flying Dutchmen won three of five games the week before last to move five games above the .500 mark at 12-7. The defending MIAA champion Dutchmen split their two conference games, bowing to Calvin 3-2 in 10 innings and then winning 12-2.

This year's conference champion will not be undefeated. Every MIAA team already has at least two losses. Alma College tops the standings with a 4-2 record while the Flying Dutchmen are one of five teams with a .500 mark. Adrian and Albion are 3-3, Kalamazoo and Olivet follow at 2-2 and Hope stands 1-1. Hope outfielder Chris Backus is the early MIAA batting leader. He went six-for-seven against Calvin for a lofty .857 average in conference games.

Last weekend the Hope/Alma

game was cancelled because of a certain white, fluffy precipitate on the ground.

Softball: The Flying Dutch find themselves with an uphill battle after suffering a pair of conference losses to Adrian. The Lady Bulldogs lead the MIAA race with a 4-0 record while Hope stands in fourth at 2-2. The week before last started with an impressive conference sweep over Alma and a split with regionally ranked Aurora, Ill. It ended with the losses to Adrian, leaving the Dutch at 6-10 overall.

Outfielder Laurie Byington ('96) leads Hope hitters with a .432 average. The team's lead-off batter, she has an impressive .571 on-base average. A home run and triple against Adrian raised her slugging average to .682.

Last weekend, the tournament

Hope was going to be a part of in Wisconsin was cancelled because of—you guessed it—snow!

Men's Tennis: The Flying Dutchmen recorded their first victory in conference play as they defeated Olivet College, 9-0. Last weekend they traveled to Oberlin where they participated in GLCA play. They came up on the short end both times, losing first to Ohio Wesleyan and then to Wooster. That didn't dampen their spirits, however, as afterwards they engaged in a feeding frenzy of epic proportions at Big Boy.

Women's Tennis: The Flying Dutch improved their league record by defeating Olivet College 8-1. In a make-up match against Calvin they dropped to the Lady Knights by the score of 5-4.

Track Results

Men:

Alma 93
Hope 87
Albion 111

Hope 61
Adrian 60
Hope 43

Women:

Alma 98
Hope 115
Hope 94

Hope 47
Adrian 29
Albion 49

Concerned?

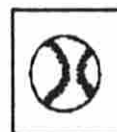
Concerned?
Pregnancy?
BirthControl?
Sexually Transmitted
Diseases?
AIDS?

Call X7585

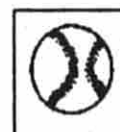
Confidential counseling
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Hope College
HEALTH CLINIC

Hope Sports This Week:



BASEBALL:
Fri.-Sat., April 23-24
*at Albion, 4 p.m.



SOFTBALL:
Thurs., April 22
*at Kalamazoo, 3:30 p.m.
Sat., April 24
*ALBION, 1 p.m.
Tues., April 27
*at Calvin 3:30 p.m.



WOMEN'S TENNIS:
Sat., April 26
*ALBION, 1 p.m.
Mon., April 26
at St. Mary's, IN, 4:30 p.m.



WOMEN'S TRACK:
Wed., April 24
*CALVIN, 12:30 p.m.



MEN'S TENNIS:
Fri., April 23
*ADRIAN, 4 p.m.
Sat., April 24
*at Albion, 1 p.m.



MEN'S TRACK:
Wed., April 21
*OLIVET, 2:30 p.m.
Sat., April 24
*CALVIN, 12:30 p.m.

* = MIAA opponent

For up-to-date Hope College Sports action call the Hope Sports Hotline:
394-7888

CLASSIFIEDS

TAKE OUT A CLASSIFIED IN THE ANCHOR: SEND MESSAGES TO ALL YOUR FRIENDS HERE OR ON OFF-CAMPUS PROGRAMS. ONLY \$25 FOR 25 WORDS OR LESS!! JUST DROP IT OFF AT THE ANCHOR OFFICE IN DEWITT!

BAKE SALE! This Friday (April 23) in the DeWitt Lobby. Sponsored by Alpha Phi Omega (AΦΩ), the national co-ed service fraternity. So bring your loose change.

WANTED TO BUY: Books: women's studies, classics, full length books on tape, art books and more. No texts. Center Aisle Books, 393-8090. Across from the Knickerbocker Theatre.

I NEED Graduation and/or Baccalaureate tickets desperately! Call 394-6836 after 9:00. Ask for Karen

JANE: I hope all is great for you! Gimme a call! Your Little Sidekick—Tara

PAMELA GUNTHER: I just wanted to say Hi. So "HI!!" Love Your KAX sister in The Anchor office.

INTERNATIONAL EMPLOYMENT— Make money teaching basic conversational English abroad. Japan and Taiwan. Make \$2,000-\$4,000+per month. Many provide room & board + other benefits! No previous training or teaching certificate required. For International Employment program, call the International Employment Group: (206) 632-1146 ext. J5264

LOST: Rawlings leather basketball, it's orangish, red in color and the initials S.A. should still be visible near the air-hole. If anyone has seen it please call Scott at x6491

AWESOME LOFT FOR SALE: Excellent condition. Fits Kollen Hall perfectly. Cheap, sturdy & reliable; only \$40!! Call x6338 for more info.

ALPHA PHI OMEGA (AΦΩ) is having a bake sale this Friday (April 23) in the DeWitt Lobby. So bring your loose change and your appetites!

FOR SALE: A regular size North Face backpack. Only been used a few times. \$95. If interested contact Jennifer Payette at Admissions. x7850

ALASKA SUMMER EMPLOYMENT— fisheries. Earn \$600+/week in canneries or \$4,000+/month on fishing boats. Free transportation! Room & Board! Over 8,000 openings. No experience necessary. Male or Female. For employment program call 1-206-545-4155 ext. A5624

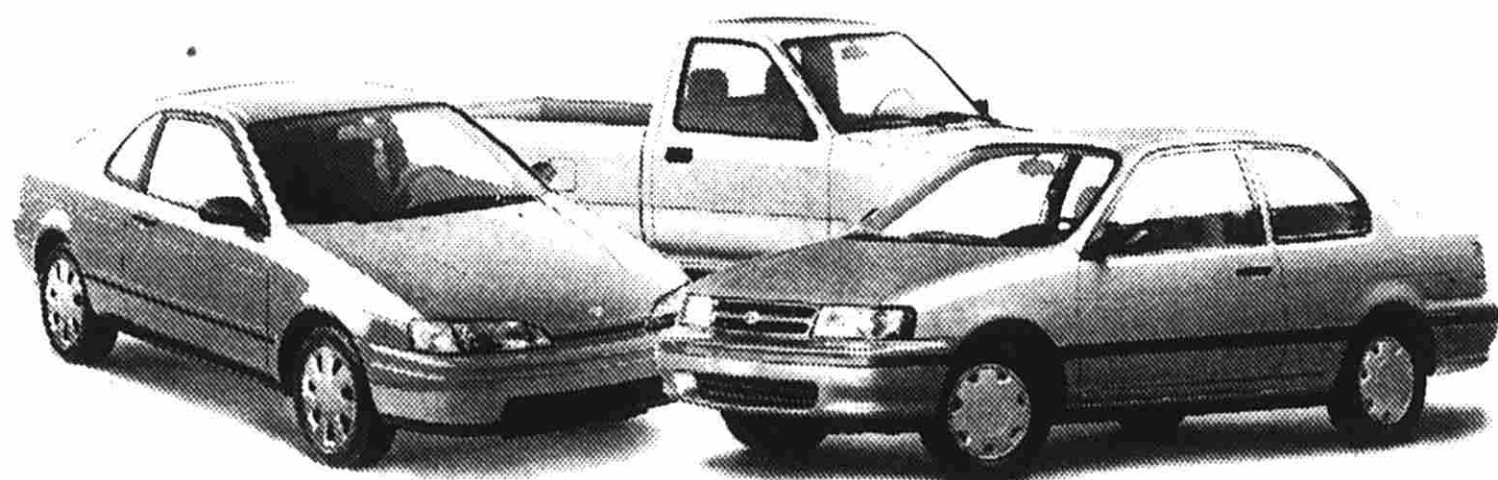
CRUISE SHIPS NOW HIRING— Earn \$2,000+/month + world travel (Hawaii, Mexico, the Caribbean, etc.) Holiday, Summer and Career employment available. No experience necessary. For employment program call 1-206-634-0468 ext. C5624

FOR SALE! (3 used) GRE study guides — practice tests, prep books, and psychology study guide — good condition at cut prices. Call James x4859

EATING DISORDER SUPPORT GROUP: for those experiencing anorexia and/or bulimia and their families/friends. No charge! Groups meeting Mondays (Grand Rapids) and Tuesdays (Jenison); call (616) 942-9610 or 1-800-949-8439.

DEBBIE: What about that VAX?! Kinda nifty eh? —Scott

NOW COLLEGE GRADUATES CAN GET A NEW TOYOTA JUST BY KNOWING THEIR ABC's.



Introducing the Class of '93 Retail Financing Program.

A. Pick out a Toyota Paseo, Tercel or 4x2 (There are 15 Toyota models under \$12,000). **B.** Check out the 90-day deferred payment plan. **C.** Make a deal on your favorite Toyota and then drive it home with no down payment. "I love what you do for me." Seems easy doesn't it? It is, so get to your Toyota dealer today for the details. Then get the Toyota you've earned.



See your local Toyota Dealer

Available only through Toyota Motor Credit Corporation. Amount financed cannot exceed MSRP plus the cost of dealer-installed options and required tax and license fees. Finance charges accrue from the contract date.

Jam

Continued from page 3

it in the Civic Center even though we didn't have as many participants as usual."

Some of the performers preferred the closer quarters. "I really liked it in the Kletz because even though it was more crowded the excitement level was higher," Straw explained. "The audience could be more a part of it because they weren't separated by a big stage."

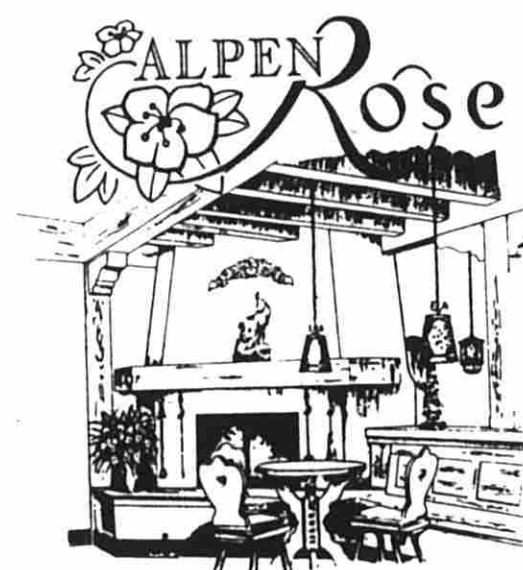
"Last year there were only five acts and they were lost on the large stage at the Civic Center," Bakker-Gras said. The small number of acts this year guaranteed that unless the location was changed, the same thing would occur again. "The ideal location [for the Air Jam] is the Knickerbocker Theatre, but it was booked this year," Bakker-Gras said. SAC plans to hold next year's Air Jam at the Knickerbocker Theatre.



APPEARING SUNDAY, MAY 2 AT 8PM
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Or Charge by Phone (616) 456-3333

Belkin Productions



CONGRATULATIONS GRADUATES!

Come downtown and celebrate with us on Graduation Day! Alpen Rose will be open for brunch and dinner on Sunday, May 9, 1993... and if you're not graduating this year, remember it's Mother's day on May 9th too! Hope to see you.

Sunday Brunch 10:30 AM - 2:00 PM
Sunday Dinner 5:00 PM - 8:00 PM

RESERVATIONS SUGGESTED

4 East 8th Street
Holland, MI
393-2111

Caffeine

Continued from page 7

selves until at least an hour after consumption and last for two to three more hours. But, there are also concerns linked to the daily consumption of caffeinated beverages.

Caffeine increase stomach acidity, which is bad news for those with peptic ulcers.

According to a report in the October

20, 1990 issue of *Science News*. Researchers with Boston University, Brown University, and the Framingham Study have examined the effects of caffeinated beverages on the incidence of osteoporosis. They found that those who drank an average of two and a half cups of coffee a day experienced a 69% greater risk of osteoporosis than those who abstained.

The November 21, 1992 issue of *Science News* details the work of a re-

searcher at New York State University. A study was conducted which suggests that caffeine and vigorous exercise may be harmful to those who suffer from hypertension.

There is also evidence that caffeine addiction exists. Although the effects of caffeine are not diminished through use as some drugs, it can still cause an addiction. Users have experienced withdrawal, mainly in the form of headaches.

Acute overdosage can result in death. But the lethal dose of caffeine is upwards of 15 grams. This works out to around 150 cups of coffee. However, the diuretic properties usually kick in long before death.

Caffeine does have its uses. It is found in cold tablets, allergy relief pills and headache remedies. It is a chief component of diet aid pills. In moderation, caffeine increases alertness. It helps to prevent attention lapses and improves

reactions in physical tests. But no marked improvement in mental activity has been noted.

The final question that comes to bear is: should I drink that Mountain Dew® or stick with water? Water is attractive from several viewpoints, but purely looking at the issue of caffeine it becomes one of personal choice. In this issue, as with many others, moderation is key.

Sleep

Continued from page 7

result of a vicious circle. We stay up to finish a paper, studying or some homework. In doing this we get behind in sleep. This makes us less alert the next day, so we get behind and are forced to stay up late again. Thus the cycle propagates itself.

Those working on *The Anchor* are well acquainted with this cycle. Every week from Sunday through Wednesday we are busy into the wee hours of the night pounding out the week's issue. Lack of sleep can cause one's sense of humor to depart quickly. *The Anchor* editor himself has experienced this phenomenon. Wednesday mornings the

humor level in the office is at a low.

A quick informal phone poll at 1 a.m. Monday morning showed that many people were either awake or out. This indicated the problem with sleep that this campus is experiencing.

The average adult needs eight hours of sleep a night. Sleeping in on the weekends does not provide an adequate answer. The sleep gained on these days is not enough to make up for the sleep lost during the week.

Using stimulants has many dangers. Stimulant usage does not help mental activity. So test performance will be poor even if you are alert. The user also runs the risk of falling into a cycle of stimulant use to get up and depressant

use to get to sleep. Addiction can quickly follow from this pattern.

There are many things that can be done to combat this problem. You can set limits on your day. Decide on set hours to keep and stick to them!

Take naps during the day. The problem with this is that one usually avoids sleep due to lack of time and there is usually no time to nap during the day.

Weigh your alternatives. Is it really worth staying up to finish that homework with a test tomorrow?

The issue of sleep needs to be addressed by most students at Hope. Building good sleep patterns now can only help in the future.

Tea

Continued from page 7

dominant. Oolong tea is composed of partially fermented tea leaves, and black tea (the tea we see most commonly) is made of fully fermented tea leaves.

All of these forms of tea contain a comparable amount of caffeine. Some varieties, such as the Assam variety, have more caffeine than others. On average, tea has less caffeine than coffee. But tea provides a greater stimulant effect due to the presence of theophylline, a compound similar to caffeine.

No list of caffeine-containing foods would be complete without chocolate. First known to the Aztecs as a bitter

drink, chocolate was hailed as a divine food. This is reflected in its scientific name, *Theobroma cacao*, which literally means "food of god." The major stimulant in chocolate is not, however, caffeine. Most of its stimulant properties are the result of theobromine, a compound similar to caffeine and theophylline.

Chocolate has its followers. Those who have learned to truly appreciate chocolate take it seriously. As a source of stimulant, chocolate is lacking because of its high fat content.

Colas are partially flavored by the kola nut. Originating from West Africa, the kola nut adds both its flavor and its

caffeine to soda pop. However, the manufacturers of carbonated beverage are not above adding caffeine to their products. This is reflected in such products as Mountain Dew®, Jolt®, and Barq's® rootbeer.

Less familiar sources of caffeine are maté and guarana. Maté, made from the leaves of a shrub related to holly, can sometimes be found in health food stores. Guarana is used to make a beverage with three times the amount of caffeine as a cup of coffee.

The multitude of sources and forms of the beverages serves to proclaim the human infatuation with caffeine.

Retirees

Continued from page 8

has also won many awards during his long career.

Elaine Jekel will also retire with her husband.

After graduating from Greenville College in Illinois with majors in mathematics and religion, Elaine taught for three years at a small junior college in South Dakota. There she taught many

courses but found that she much preferred the teaching of chemistry and its laboratory. As a result she returned to Greenville College and earned her B.S. in chemistry.

From there, she entered Purdue University and in 1958 received a Ph.D. in analytical chemistry.

Elaine has taught not only at Hope, but also at Greenville College, Western Michigan University and Purdue Uni-

versity.

In 1982, after spending many years raising her children, she returned to teaching part-time at Hope.

Elaine has also contributed her efforts in helping her husband with the National Science Foundation Summer Workshops.

The Jekels will still be seen on campus occasionally, as they plan on continuing some part-time teaching at Hope.

Concert

Continued from page 6

the highly emotional sounds of the twentieth-century. The Chorus sang exclusively sacred music and, because of this, it seemed to neglect sharing with the audience the playful sounds that

sometimes characterizes the "pop" music of other eras.

But the music that it did sing was excellent, particularly the Tchaikovsky and Floyd's striking arrangement of "Gray Wind Blowing." Floyd spent a sabbatical rearranging the piece, and

last Thursday's performance revealed the depths of its haunting, stricken tones.

Particular commendation must be given to the men of the Chorus. Despite limited numbers, these gentlemen added a very strong, yet not unbalanced, presence to an extremely large group.

CALENDAR OF EVENTS

Arts & Entertainment

SAC movie -
April 23-25 *Malcom X*, Fri. and Sat. 7, 10:45 and midnight, Sat. 3 p.m., Sun. 6 p.m.
Knickerbocker Theatre -
April 16-22, *The Ox*, 7 and 9 nightly
April 23-29 *Zentropa* 7 and 9:10 nightly
Art Exhibition -
April 10 - May 8, Graduating Senior Art Show, DePre Art Gallery
Great Performance Series -
Thurs. April 22, The Count Basie Orchestra, Dimnent Chapel, 8 p.m.
Concert -
Sun., April 25, Chapel Choir Concert, Dimnent, 8 p.m.
Recital -
Wed., April 21, Junior Recital: Allison Goins, pianist; Dimnent 8 p.m.
Thurs., April 22, Student Recital, Wichers, 6 p.m.
Arts and Humanities Colloquium -
Wed., April 21, Student Presentations, Dow 202, 3:30

Campus Events

Seminar -
Thurs., Dr. Ubel, "Some Facts About Risk," 11 a.m., VanderWerf 104
Fri. April 23, "Ecological Consequences of Rising Atmospheric Carbon Dioxide" 2:30 p.m., Peale B50
Fri. April 23, Dr. Yuan T. Lee, 3:30 p.m. Peale B50
Plan B Job Search Workshop -
Wed. April 21, 9 p.m., Winants Aud., Call x7950 to register
Crop Walk -
Sat. April 24, Holland High School, 9 a.m.

Student Organizations

Sign Language Club -
Tues., 8 p.m. in Voorhees Basement, Maas rm.
Fellowship of Christian Students -
Mon., 9 p.m. in Maas Auditorium
InterVarsity Christian Fellowship -
Fri., 8:30 in Otte rm., Phelps Hall
Students for Christ -
Tues. 9 p.m. in Maas Conference rm.
Debate Team -
Mon., 7-9 p.m. in Lubbers 103
Forensics Association -
Mon. 9 p.m. in Lubbers 103 (Call Alspach x7594)
ACOA - (Adult Children of Alcoholics)
Tues. 9 p.m. Sligh building rm. 201 - Contact Darell Schregardus (x7945)
BACCHUS (alcohol education) -
Thurs., 8:30 p.m., Haworth rm., Phelps. All welcome.
Environmental Issues Group -
Wed., 6 p.m. in Lubbers 103
Amnesty International -
Wed., 8 p.m. in Barber rm., Phelps
Student Congress -
Thurs., 9:30 p.m. in Maas Conference rm. Public welcome
Nurses Christian Fellowship -
Hope-Calvin Nursing Students; Thurs. 3:30 p.m. in Calvin North Hall rm. 268
PRIDE -
Sun. 8 p.m., Snow Auditorium; call Jeremy (x6496) for info
Womens Issues Organization -
Tues., 4:30 p.m., in WI Center, Chapel Basement



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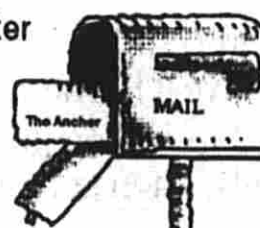
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